* DAILY MAGAZINE PAGES FOR EVERYBODY

Secrets of Health and Happiness

Why You Rest the Best Sleeping on the Right Side

By DR. LEONARD KEENE HIRSHBERG

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LEEP has through the ages been one of the greatest mysteries oflife. It has been sought by the worried, wooed by the wicked, studied by the scientists, encouraged by poisons, hypnotism and unnatural practices, and investigated by everybody. Almost all investigators are agreed that rhythmic

movements of the 'irculation and respiration are essential to sound sleep. Disturbed, restless slumber is indicated, if not often caused, by irregular breathing, palpitation and spasmodic muscular movements. Of the many physical misdemeanors liable to unsettle a sound sleeper. none is more frequent than turning on the "wrong side" or resting on the back. Children, until they are twelve or fourteen, are able with comfort to sleep on either side, but from 70 to 80 per cent of their elders sleep best on their right sides.

Why is this so? How is it you are more refreshed and contented after en or eight hours of oblivion on your right side, than an equal period of estlessness on your back or your left side? The answer is a complex one, and cludes hypotheses as well as facts.

side means rest on the divan-like, soft, billowy pad of muscles, always thick-in tonicity. Thus there is little chance er on that side in right-handed people for snoring, even though the mouth rethan on the back or left side. Sleep mains open. on the right side removes pressure on the diaphragm of nature's true liver comfort to many persons with lying neighbor's peace of mind.

Sleep is a defensive mechanism for the left side.

What a Snore Is.

mouth, snoring may be prevented by gluing a bit of sticking plaster or fly paper over the closed lips.

In snoring the moving waves of air impinge upon the soft palate and the little finger of flesh called the uvula, connected with the roof of the mouth and cause the muscles to vibrate. This rate of tremulo vibration is sufficient to cause a snore.

To lie on the back is more or less conducive to snoring. The reason is relaxed and symmetrically placed, the soft tissues of the cheeks become, if possible, even more flabby than when you sleep on the side. The part played by the bellow-like cheeks in causing snores has been generally overlooked. To put it mildly and modestly, I believe I am the first observer to call attention to the important role taken by the cheeks in snoring.

Any one who has witnessed as many instances of stentorous breathing, and the accompanying blowing in and out of the paralyzed cheek in cases of apoplexy as I have, cannot but conclude that snores are caused as much by the relaxed cheek muscles as by other factors. True enough, any sort of nasal obstruction such as adenoids.

To lie on the back is more or less that created them.

As for back sleeping, it is not much better than backbiting, and backsliding. Strengthening the good right arm, the mighty biceps, the hamstrings, and the olympic right side will soon rid your relatively sensitive back from being right sleew if the work is muscles as the much body is a few more or less that created them.

As for back sleeping, it is not much better than backbiting, and the olympic right side will soon rid your relatively sensitive back from being right bloeps, the hamstrings, and the olympic right side will soon rid your relatively sensitive back from being right side will soon rid your relatively sensitive back from being right side will soon rid your relatively sensitive back from being right side will soon rid your relatively sensitive back from being right side will soon rid your relatively sensitive back from being right side will soon rid yo by the relaxed cnees and the state of nasal obstruction such as adenoids, thickened bones and membranes, overinfected tonsils and such abnormalities, all tend to incite the bugle calls of the wee sma' hours. But the intrinsic cause of the snore is, nevertheless, a country of the cheeks, glot-make relaxation of the cheeks, glot-make the hair dark and curly? 3. What will thicken the eyebrows?

How to Cure Snoring.

Now, though a man may be im munized against most diseases, by the proper methods of health building, and an insomniac may by physical exercises be made to sleep, what can be done to prevent snoring? Well, much may be done. The solution can be read from the explanation of its cause. If lack of muscular tone has as much to do with snoring as other causes, such as resting upon the back a cure may be effect agreed interest letters will be an-

Except in some 10 or more per cent slapping the cheeks, rolling large mar-individuals, sleeping on the right bles or licorice candies in the mouth

What Back Sleeping Is.

pad; it obviates all interference with breathing movements or physical cul-Too much cannot be said it praise of the stomach sadly filled with late hour ture gymnastics that cause deep resrarebits from the gilded lobster palaces of the pale White Way, and of not the least moment is the remoteness of any obfuscation of the heart action—a not uncommon sense of disconfiguration. The part of the p

conservation of bodily resources. A snore is nothing more nor less chrocally, automatically, and vicarithan a form of stertor or noisy breaththan a form of

. Electric massage with capsicum may lo a little good.

2. Henna decocture and indigo, both harmless in proper proportions to tint. 3. Massage with cocoa butter and

ing upon the back, a cure may be effected by the simple procedure of neutralizing the one cause and removing the other. Thus by certain muscular the other. Thus by certain muscular symnastics, such as blowing exercises, this office.

Buy Gloves in Quantities

Economy in Large Numbers at the Wholesale Price---Washable Ones the Best.

as gifts.

At present, of course, Fashion permits us to leave off our gloves if we choose in the evening. And a rather sensible idea of hers this is, too. For the softest of gloves are stiff and artificial against the unrestrained lines of the present-day evening silhoute. But just because we may leave off gloves for dinners and dances nowadays, we must be all the more vigiliant about our daytime gloves, so, after all, we do not find outselves any richer.

In Paris, it is said, women have left off wearing white gloves for the street, a short pair and twenty cents to clean a short pair and twenty cents to clean a short pair and twenty cents to clean

off wearing white gloves for the street, a short pair and twenty cents to clean and have substituted in their place a 2 long pair, one's glove bill does mount fawn-colored glove. This has the aduprather high.

browns and tans. For such women there are white or tinted chamois or doeskin gloves, short and long, for out-

as acceptable as the real chamols or doeskin. But in the best quality they cost as much as the real skin gloves.

and then buy this kind in dozens or

OW do you buy gloves? Have, The disadvantage of silk gloves is you any definite policy in this that they make the hand look large, matter or do you just wear any gloves that happen to strike your fancy or happen to come to you as gifts.

unduly so, because they fit so tightly about the wrist. And the long ones make the arm look skinny and the hand look bony, because they cling so skin-tight to the arm.

fawn-colored glove. This has the advantage of making the hand look less conspicuous, and it tones in better with the color scheme of most costumes than does the dead-white kig glove. However, there are some women who cannot endure the feeling of any glove that cannot be readily cleaned. For that reason they discard blacks and browns and tans. For such women there are white or timed changing of less them for at the case white or timed changing of less twenty four house. Then let them dry in the air for at lease twenty-four hours. Some of the new white gloves are shown with cuffs of colored or black oer wear.

The cotton imitation gloves are quite kid, pinked along the edge; of the acceptable as the real chamois or there are turn-back cuffs of the

edged with a piping of color or The advantage they have over the other sort is that they wash more easily and hold their sape better.

A good sa for the woman who wears washable gloves is to find out a kind she likes—chamois, doeskin, imitation chamois, or whatever it may be each sort has its points to recommend the and they have this kind in dozens or the clockings of the succession of the clockings of the success. The gloves suggest the fantastic trimming of the clockings of the succession of the clockings of the succession of the gloves are shown are gloves. The backs of some of the gloves are shown that the gloves are glo

it—and then buy this kind in dozens or half dozens.

There are wholesale houses where gloves by the whole or half dozen can be bought at a considerable reduction ever the price for a single pair. Even the woman who must economize could afford to keep half a dozen pairs of wash gloves going at once. This would save the trouble of having to wash a pair at a time, and would further save driving a single pair to death with constant using.

Slik gloves have a decided disadvantage over other sorts, but probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the several probably as soon as warm weather comes, sikingle yeared to the probably as soon as warm weather comes, sikingle yeared to the probably as soon as warm weather comes, sikingle yeared to the probably as soon as warm weather comes, sikingle yeared to the probably as soon as warm weather comes, sikingle year to the probably as soon as warm weather comes, sikingle year to the probably as year year.

Copyright IMA** Newspaper Feature Service** The gloves shown are fitted with

The "Cigarette Suit" At Last Makes Its Public Appearance



Word Origins ::

not a house. Daisy was originally the eye of day Gir; formerly signified any young

Villa formerly meant a farm and

or day's eye. person of either sex. Concur formerly meant to run with or by the side of.

Hag once meant any whether male or female.
Drachm once meant n
nor less than a handful,
Gallen was originally jar, no matter of what size

Club Women to Stage Many New Experiments

Did you know that Washington is to be the scene of novel activities among club women during the com-

Many striking experiments are to be staged here next winter, and plans for these, as well as for a "get together" campaign will be described in next Sunday's

This article is to be followed by one of the most interesting and comprehensive series for women ever published in a Washington newspaper. Every woman's club in the District, and every

club in which women are active, will be touched in "Washington's club women are Washington's home makers," declares the subject of next Sunday's

Therefore you cannot afford to miss any one of this series which shows the far-reaching efforts planned through clubs for better homes, better communities, and a better home city.

BETH JEFFRIES. What do you do to make your

Problems

Pertinent

home life what it should be? Have you any obligation to the home life of your family, or do you rule entirely, exacting the same rules day after day, with no slight variations from your own comfort?

A young girl came to me the other day with her problem. She is not more than twenty-one; she has a beautiful home and almost everything that heart could desire. And yet she is not happy. She confided to me that she was ill at ease, and lost her poise entirely, when out in company, and that the moment she came into the presence of girl and boy friends of her own age she hardly knew what to do with herself. Yet she has had a most excellent upbringing. When questioned she told of the happy time she should have had a few days earlier. She had been invited out to supper at the home of a girl friend.

Only the young people, four couwhen the formality of crushable ples, were at the table. Everything was served well; there was no constraint, yet she felt so out of place that she could not say a word.

"I know what the trouble is," she fact, that a special costume for added wisely when she had finished. "Mother never lets me be a hostess in my own home. She never lets me The blouse, buttoned entertain my own friends and have straight down the front like a our own little informal evenings basque, is of orange-colored silk She always wants to turn the afand the accordion pleated skirt is fair into something that takes a of terra cotta chiffon. A cap of "You can't imagine," she con-

satin and gold lace protects the tinued, "what a difference it makes when the mother stays away appears occasionally to see if things are going alright, and lets a daughter entertain as hostess for a few hours."

She was perfectly right. The poise that she could have gained in her own home was denied her simply because her mother would never let her try the duties of a hostess.

If she were to dare suggest that deserve to be, for they are the she did not want her mother in the room at the table, she said, there would be quite a scene. She would be accused of all sorts of cruel intable, they should be simply washed, gratitude.

most delicious and wholesome

of fruits, and may be served in a

Served in their natural state for the

Stewed figs used as a filling for

An oriental way of serving figs is to

Thoroughly wash a large cupful of

rice, and cook in plenty of boiling

twenty minutes is the usual time. Wash the figs, cut in quarters, place

Steamed Fig Pudding.

One cup chopped figs, half a cup of

chopped suet, three eggs, two and a

half cups of soft bread crumbs, half a

cup of milk, one cup brown sugar,

one teaspoonful salt.

Soak the bread crumbs in the milk and add the figs and suct chopped to-

gether and the other ingredients, and

steam them with rice, as follows:

Steamed Figs and Rice.

variety of ways.

drained and chilled.

between-meals lunch.

Now there are so many mothers thin bread and butter sandwiches are like this, and yet they are the very always welcomed by children, and cut in dainty forms make a palatable be "seeing straight?"

water until it is tender. About to stand at the wheel and feel the some nice girl to love them deeply thrill of authority. There is never and sincerely. Don't waste your love them in a sieve over a saucepan of any objection to the desire of the on such a worthless object. boiling water and steam for fifteen minutes. Butter a mold and pack in the rice lightly, let it stand over hot water for ten minutes, turn carefully son for authority on the grounds of might as well attempt to fashion a on a hot platter, arrange the figs about the base, and serve with hard sauce flavored with lemon. Here is another delicious fig dessert:

home, fit up their rooms as they wish, and foster painstakingly every what a narrow escape you had.

Awkward mistakes occur sometimes through falling into certain mannerisms of expression. A parson had a habit of frequently saying "for years and years" in the course of a sermon. He was preaching on the prodigal Son, and spoke of him sitting down in that far-off land thinking of the home that he had not seen "for years and years and years."

This was all right, but presently he spoke of the welcome to his old home, and of the calf which his father had kept in anticipation of that happy day. "Yes," said he, dropping into his favorite cadence for the winding up of sentence, "yes, the calf which he had kept for years and years and years."

Then somebody laughed.—Tit-Bita.

children will stick together, bring likely he won't do it, for boys are fickle things and probably by now some other little girl is ccupying his town. But that won't break your heart. The thing for you to do is to find some other nice boys to play with and forget all about this one.

You wrong the boy and girl utterly, and deny them the happiest them of being ashamed of "Mother and Father." They merely want to "play house" and be host and host-ess, and if you don't give them of give them what they want they will run away sentence, "yes, the calf which he had kept for years and years and years."

Then somebody laughed.—Tit-Bita.

children will stick together, bring likely he won't do it, for boys are fickle things and probably by now some other little girl is ccupying his time and attention. But that won't break your heart. The thing for you to do is to find some other nice boys to play with and forget all about this one.

You wrong the boys and girl utterly, and deny them the happiest them of being ashamed of "Mother and Father." They merely want to worst of it is that you must decide for your very own self. If you care so much for your fance that you can forgive him be decided for your fance that you can so much for your fance that you

The High Cost of Cleaning

HE only reason I must keep a servant is that I cannot and don't like to do the rough work. I in my life, and I'd rather make sacrifices at other ends, so that I can have some one to do it for me," I have heard many young housekeep-

And I have indeed found it a fact that many women who are really fond of housework, keep a maid many rough and disagreeable tasks

which are part of the day's work in the home. Surely, it is an

often heard to say that engaging expert occasional help from the outside is too expensive, but I have made some tests, and I can see clearly that the calling in of specialists on particular tasks is far less costly and far more convenient than a permanent household worker living in the home. Contrast these figures. The hardest tasks of the home which the more cultured type of modern housewife wishes to avoid are: (1) Loundry. (2) Housecleaning which is of the rougher type, such as scrubbing, carpet beating, window cleaning, etc.

All these things are done once a week in a thorough way in the average household, and I find that one can secure good laundresses to come in for the day at \$1.80 and finish the work for a medium or small family. Similarly, one can secure day workers to do one's heavy housecleaning at \$1.80 per day. Or if windows alone are to be cleansed, there are the window cleaning companies who will send a first-class man to do the job for 25 cents an hour.

The cleaning bill for the household can, therefore, be kept very easily within a \$4 per week limit. The work would doubtless be much better fone by such specialists than by the general household worker who scatters her abilities and rarely is expert in any of these things. In addition, there is a considerable cash saving which cannot be overlooked. In these days it is impossible to obtain the services of a fairly competent houseworker for less than 55 per week. To this add the cost of her room and board, and you will find that it is almost double the cost of occasional outside assistance. The woman who is really interested in housekeeping—who likes to cook and dust and mend and manage the ordinary daily routine, but who is incapable or undesirous of performing the heavier tasks, need have no "servant problem." She can have all the capable assistance she requires at less price and without the annoyance ofttimes, of having an extra person in the home.

I believe moreover, that if women would form the habit of calling professional help from outside, more and more capable and intelligent workers would specialize in household service.

(Copyright, 1914, by Mrs. Christine Frederick.)

Advice to Girls

By ANNIE LAURIE.

Dear Annie Laurie: I have been going with a fellow over a year now. He has never told me he loved he, but has written to me telling me how much he cares, and he kisses me when he comes in

and he kisses me when he comes and goes out.

But I have always distrusted him. I have thought he was not as true as he should be, and just lately I found out I was right. He goes to see another girl sometimes once a week. For two weeks he never went at all. When I told him I went at all. When I told him I found out, he was awfully mad. He said he would do as he liked; it was time enough for me to tell him what to do when we were married. And then he wouldn't even be bossed by his wife. But I love him, and he says I should not distrust him so. If I loved him I wouldn't. Do you think he is true? Would you helieve in him? I think he loves me dearly—he is so good sometimes. Do you think he would go to see this girl knowing how much it hurts me? Please let me know soon.

SORROW.

TY ELL, little Sorrow, you have ones who would greatly wish their stick to this man who has caused you daughters to be domestic. Can they so many tears. He is a selfish, cold-be "seeing straight?"

Undoubtedly no. Young people al- No man who loves a girl will treat ways have that desire to try and her as you say this man treats you. 'run it themselves." The boy whose Get rid of him-get rid of him now. father owns a motor boat, or a car, think. The world is full of nice, de-It won't be half so hard as you wants to try it out himself. He wants cent chaps who are just hungry for

Don't try to make him over, you ingratitude, that he is ashamed of fine cloak for Sunday wear out of a worn, old, potato sack. Let the man go to some one who will make him Be more generous, methers, if you suffer as he makes you suffer now. ruly wish to have your daughters And some day, when you are mardomestic and love homes of their ried to the right man, at the right own. Let them choose things for the thanksgiving every time you think

sign of individuality instead of crushing it. Let your daughter sit at the head of your table and enter pour in a well buttered mold and at the head of your table and entermay be used with this, or here is an tain her friends without your obvious ter friends for your little spat. But beware a habitually deceitful man.

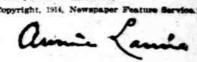
may be used with this, or here is an apprepriate sauce:

Mix a cup of powdered sugar and three tablespoonfuls of milk and two of wine and heat in a double holfer to a moderate temperature, then add slowly to half a cup of creamed butter.

An Ancient Calf.

Awkward mistakes occur sometimes through falling into certain manner-temporature and years and year

almost any other one thing. As for his family, it is your right to know about them and to know them personally, if possible. If you do not like them, that is another thing to think over carefully before you decide. No woman has a right to separate a man from his family simply because they do not measure up to her standards of breeding or because they are not congenial. In the last analysis, it is a matter of how much you care for the man and he for you. If you love him so that non-essentials don't matter, then go ahead, but count the cost before hand, and rather risk unhappiness now than lifelong unhappiness



after you are married.

chosen your name with discretion. You will have nothing but sorre if you have nothing but sorre if you her, care this office.



to buy the furnishings for their first home of married life they should look the field over carefully, take into consideration all that every house has to offer for their advantage, and then decide upon one firm with which to trade

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